

DANA ZAISER'S PROGRAM ON THE GALAPAGOS ISLANDS

World traveler, Dana Zaiser, will be at the senior center on Wednesday, May 18th at 4:30 p.m. to take us along on an armchair adventure to the Galapagos Islands. These islands are considered one of the world's foremost destinations for wildlife-viewing. In 1835, Charles Darwin visited the Galapagos Islands and his observations of the animal species at the islands later inspired his Theory of Evolution. Although taking wildlife pictures is difficult, Dana was able to take some incredible photographs and videos of his experiences at the Galapagos islands and his photos will highlight this very lively presentation. Please call the senior center at 508-543-1252 to sign up in advance and join us on this adventure. This program is sponsored by the Friends of Foxborough Seniors.

Monday, May 16

Coffee Connection 8:30 a.m. to 3:30 p.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Video Rewind Series 2:30 p.m.

Tuesday, May 17

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 8:30 a.m.

Table Top Gardeners 9:45 a.m.

Zumba Gold Class 9:45 a.m.

Nutrition 11:00 a.m.

Talespinners 2:00 p.m.

Wednesday, May 18

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Computer Class 11:30 a.m.

Minds in Motion 12:30 p.m.

TRIAD 1:00 p.m.

Walmart 1:00 p.m.

Colorist Club 2:00 p.m.

Galapagos Island Program with Dana Zaiser 4:30 p.m.

Thursday, May 19

Men's Breakfast 9:00 a.m.

Art Class with Barbara 9:30 a.m.

SHINE by appointment 10:00 a.m.

Diabetes Self-Management 12:00 noon

Low Vision Support Group 1:00 p.m.

Friday, May 20

Coffee Connection 8:30 a.m. to 12:00 noon

Stop and Shop 8:30 a.m.

Aerobics 9:00 a.m.

Cribbage 10:15 a.m.

Scrapbooking and Card Making Class 10:30 a.m.

SPECIAL PROGRAMS

ART CLASSES WITH BARBARA

Join us at the senior center for a new art class with Barbara Gage-Mulford. Barbara will be at the senior center on Thursdays, May 12th and 19th at 9:30 a.m. to lead us in two fun and instructional drawing classes. All materials will be provided. Just bring yourself and your enthusiasm! This stress-free class is great for beginners and also as a refresher course for those who are more experienced. Please give us a call at 508-543-1252 to sign up in advance and we'll save you a seat.

MEN'S BREAKFAST

The Men's Breakfast will be held on Thursday, May 19th at 9:00 a.m. Comedian David Shikes will be our guest speaker for May. David is a retired bookseller and resident of New Hampshire who travels all around the region telling comical stories about New England. Join us for some fun and laughs. In honor of "Older Americans Month" in the month of May, there will be no charge for this breakfast. If you'd like to join us, please call the senior center at 508-543-1252 by Friday, May 13th to reserve your seat. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

DIABETES SELF MANAGEMENT

Are you living with diabetes, fatigue, hypoglycemia, hyperglycemia, hypertension, depression, cholesterol or other long-term conditions? Beginning on Thursday, May 19th there will be a series of 6 weekly workshops held at the senior center as part of the Diabetes Self-Management Program. These courses will be held from noon to 3:00 p.m. on the following Thursdays: May 19th and 26th, and June 2nd, 9th, 16th and 23rd. A free lunch will be included for all participants. During these six weeks, participants will learn: Techniques to deal with diabetes symptoms, fatigue, pain and hyper/hypoglycemia; Better nutrition and exercise choices; How to improve your patient/physician relationship; Medications & management, and; Skills to manage symptoms. There is a suggested voluntary donation of \$2 per class. If you're interested in participating in this program, you must commit to attending at least 4 of the 6 weeks of the classes. Incentives are built in to reward you for your attendance. Please call the senior center at 508-543-1252 to sign up in advance.

NEW SCRAPBOOKING CLASS

The Greeting Card-Making Class has now expanded to include Scrapbooking. If you're interested in scrapbooking or would like to learn how to get started, come join us. Bring in your own photos and photo album to class, and other embellishments and supplies will be provided. Also, if you'd like to learn the art of creating hand-crafted greeting cards, or if you've been creating your own cards and would like to socialize with friends in the class as you work on your projects, come join us. Our volunteer instructor, Helen Rice, is teaching both card-making and scrapbooking during class, which is held every Friday morning at 10:30 a.m.

FREE CLASSES IN MAY AT THE SENIOR CENTER FOR "OLDER AMERICANS MONTH"

In 1963, we began to acknowledge the contributions of Older Americans by designating the month of May as Older Americans' Month. This year's theme, "Blaze a Trail," emphasizes the ways older adults are re-inventing themselves through new work and new passions, blazing a trail of positive impact on the lives of people of all ages. We'll be honoring Older Americans Month at the senior center by offering all classes and the monthly Men's Breakfast free of charge for all attendees during the month of May.

REWIND

Every Monday afternoon at 2:30 p.m. we'll be showing videos from our own video library. On Monday, May 16th at 2:30 p.m., our video will be the "Nutrition and Chronic Conditions" program filmed at the senior center on May 28, 2015.

HISTORY LECTURE SERIES WITH PAOLO DIGREGORIO

"Artifactual Scholar" Paolo DiGregorio will be at the senior center at 4:30 p.m. on the following Wednesdays in June: June 1st, 8th and 15th. Paolo will be here to present more programs in his series of history lectures. Please call the senior center at 508-543-1252 to sign up and reserve your seat.

MOVIE DAY

Movie Day for the month of May is scheduled for Tuesday, May 24th at 12:30 p.m. and our featured film will be "Love and Mercy." This movie is a biographic film about the Beach Boys mastermind, Brian Wilson. The film focuses on two distinct periods in the songwriter's life. One timeline follows a younger Wilson (played by Paul Dano) as he quits performing live in order to focus on the creation of the album "Pet sounds," the single "Good Vibrations," and the eventually discarded album "Smile." During this period of intense work, Wilson's mental-health issues grow worse. The other section of the film features John Cusack as an older Wilson, as he attempts to escape the influence of a manipulative doctor (Paul Giamatti) who has become a totalitarian guru to him. Join us at the senior center to watch this film and we'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1252 if you'd like to sign up.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, May 25th we'll be enjoying our menu of Chicken Salad on a Croissant, Minestrone Soup, Pasta Salad and Cake. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1252 by Monday, May 23rd to make your reservation and to arrange for transportation, if needed.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on May 23rd. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, May 25th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

LOW VISION SUPPORT GROUP

The Low Vision Support Group meets at the senior center on the 3rd Thursday of each month. The next meeting will be at 1:00 p.m. on Thursday, May 19th. The Low Vision Support Group is an adult group providing peer support and information for anyone with vision loss, or for those who have concerns about their vision. Seniors from Foxborough, as well as surrounding towns, are welcome!

COMPUTER CLASSES AT THE SENIOR CENTER

Students from the Foxborough Regional Charter School (FRCS) are providing computer training classes once again for Foxborough's senior citizens. The program is made possible thanks to a grant from the Foxborough Rotary Club for a program to teach computer skills to seniors. These computer classes are held at the senior center and are tailored to meet the expressed needs of the seniors in the program. The FRCS students are teaching the seniors everything that seniors have wanted to know about computers but were (not) afraid to ask! The classes are being held on Wednesdays from 11:30 to 12:30 through May. We have WIFI in the senior center, so if you have a laptop or an iPad, please feel free to bring it in with you. There are also a limited number of computers available for use in our computer lab. Please call the senior center at 508-543-1252 to let us know if you'll be joining us. The last computer class of this school year will be held on Wednesday, May 25th. We hope to start the classes again in the fall of the new school year.

TRAVEL INFORMATION

SIGHT AND SOUND THEATER & LONGWOOD GARDENS VISIT

It's not too late! We still have some seats available. So come join us on Wednesday, June 8th when we'll be leaving Foxborough at 6:30 a.m. and traveling via motorcoach for a 3 day/2 night trip to Pennsylvania to experience the Sight and Sound Theater's latest, greatest, and newest production; the biblical story of "Samson." Our hotel accommodations will be at the brand new 4-star Double Tree by Hilton hotel in central Reading, PA where we will be welcomed by a private wine and cheese reception. Following dinner on our first evening, we'll see a brand new musical show. On our second day, we'll travel into neighboring Lancaster County, the home of Pennsylvania's Amish and Mennonite people. Our first stop will be in the town of Lititz for a special program called "Chalk Talk," a 90 minute look into the lives of the Plain People. We will also visit the Kitchen Kettle Shopping Village before taking our seats at the Sight and Sound Theater for "Samson." One of the most captivating stories in the Bible, Samson is the world's first superhero. "Samson" is filled with colorful characters, extraordinary feats of strength and amazing special effects. On our third day we will travel to Kennett Square, PA where we will spend time visiting the beautiful Longwood Gardens; 1,077 acres of gardens, woodland and meadows in the Brandywine Creek Valley and one of the premier botanical gardens in the United States. We'll arrive home at approximately 9:30 p.m. on the evening of Friday, June 10th. This trip has been arranged for us by the group tour specialists at Tours of Distinction. The cost per person is \$463 for a double, \$430 per person for a triple and \$557 per single. For information or to sign up for this trip, please call the senior center at 508-543-1252.

MEDICAL INFORMATION AND SERVICES

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for May 19th and June 7th. In addition to the SHINE program, Community Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1252 to set up and appointment.

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. Dr. Willinsky's next visit to the senior center has been scheduled for Monday, June 6th. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to set up an appointment for a ride.

REGULARLY SCHEDULED

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support service. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, May 18th at 1:00 p.m. Everyone is welcome to attend these informational services.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on May 19th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to The Longhorn Restaurant in Mansfield on Wednesday, May 25th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1252 to sign up by Monday, May 23rd. Van transportation is available.

ZUMBA GOLD CLASSES

It's time to start getting ourselves moving as we get ready for summer. Come and learn some Latin dance moves with us and we'll have some fun getting in shape. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to work out, and prepare to leave empowered and feeling strong. Zumba Gold classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. If you're looking for a modified Zumba class that recreates original Zumba moves but at a lower intensity, then come join us at our Zumba Gold classes at the senior center on Tuesday mornings from 9:45 to 10:45 a.m. Learn some Latin dance moves with our instructor Biliانا "BB" Mileva, and have some fun while getting in shape. There is a \$2 charge for each class, but these classes will be offered for free during the month of May.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on a Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

May 18 – Walmart

May 25 – Luncheon Outing at Longhorn

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754.

The suggested donation for a meal is \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, May 16

Low Salt Hot Dog 590

Mustard 55

Baked Beans 36

Cabbage/Carrots 47

Hot Dog Roll 210

Cinnamon Apples 4

Sodium 942

Calories 575

Tuesday, May 17

Oriental Soup 185
Chicken Teriyaki 320
Asian Rice 92
Whole Wheat Bread 160
Pineapple 1
Sodium 758
Calories 589

Wednesday, May 18

Spanish Omelet 382
Hash Browns 136
Country Veggie 33
Fruit Muffin 102
Fresh Orange 0
Sodium 653
Calories 531

Thursday, May 19

Roast Turkey 99
Gravy 70
Cranberry Sauce 16
Mashed Potato 62
Winter Squash 13
Multigrain Roll 190
Brownie 132
Sodium 582
Calories 784

Friday, May 20

Beef & Cabbage Casserole with
Brown Rice 300
Cauliflower Supreme 14
Snowflake Roll 160
Mixed Fruit 10
Sodium 484
Calories 399